We developed the 33-item Emotion and Arousal Checklist (EACL), which consisted of five subscales to assess emotions (Fear, Anger, Sadness, Disgust, and Happiness) and four subscales to assess arousal (Energetic arousal +, Energetic arousal −, Tense arousal +, and Tense arousal −). This checklist was developed to assess psychological state, both at a given moment and during the past week. In Study 1, confirmatory factor analyses identified nine subscales, whose internal consistency was indicated by their reliability. In Study 2, the EACL’s validity was demonstrated by its correlation with the State-Trait Anxiety Inventory, Multiple Mood Scale, General Arousal Checklist, Japanese UWIST Mood Adjective Checklist, and Profile of Mood States. In Study 3, changes caused by tasks that involved either reading emotion-inducing articles or performing a calculation indicated the validity of the EACL for measuring psychological state at a given moment. Further, the test-retest reliability of the EACL for assessing psychological state during the past week was confirmed. These studies confirmed the reliability and the validity of the EACL.

Keywords: emotion, arousal, checklist, reliability, validity.